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## Montréal Communiqué

Approximately 300 words  
For release at will

YMCA Continuing Education  
Courses fill space-age gap

Computers and their "do not fold or spindle" punch cards are among the many current elements adding significance to the continuing education programs of the YMCAs of Greater Montreal.

They sharply reduce the time required to carry out a multitude of business operations, enabling companies to cut work weeks, offer longer vacations and generally permit employees more time for recreation.

The importance of the recreational gap that can be filled by post-school learning for adults is further underlined by the continuing development of labor-saving devices which provide homemakers with more liberty by enabling them to get through their daily chores in less time.

Unfortunately, a number of machines, especially those employed in business, tend to encourage conformity and inhibit creativity. As a result, many men and women handle extra freedom from their jobs as nothing more than additional time to be bored.

Though sometimes troubled by uneasiness that their lives should and can be better, they don't quite know how to start effecting improvements.

Annual vacations, weekend trips, caring for lawns and gardening help some individuals find relief from tedium during the summer. But as days shorten, and autumn gives way to winter, they retreat to their television screens.

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This tendency has prompted the YMCA to concentrate increasingly on ways to strengthen peoples' leisure time capabilities and provide them with enjoyably rewarding outlets for their leisure time.

As the pioneer of continuing education on this continent, the YMCA has also developed a wide range of courses to strengthen earning potentials, sharpen perceptions and both adjust to the times and become masters of their environment.

Such courses share answers, teach new skills and help strengthen old ones. Perhaps of most importance, they prompt people to ask the sort of questions that help them understand and cope with change.

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